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*Romeo Shaw*

There too much hate in this world. If we were to be kind to a person every day we could change some one life and they can pass on the kindness to someone else and it would start a big chain going around.

Frist I played soccer with a group of guys who were a player short. I asked him if it was ok for me to play and I was able to play. We got our team ready and played a great game of football. The team I was on won the football game six to nine and I soccer four goals to help win the game. That day I made a new friend and won a game of football.

The second thing I did was help my friend get ready for MMA class. He wanted me to teach him some new moves for his match that day so be for we got started we warmed up with wishbones. After that we went over what I was going to teach him. That day he wanted me to teach him three takedowns and three arm locks. I showed him step by step how to do it and what not to do for each it moves. When we got done we went to class and he won the match.

Helping others would make you feel good and other great about them self. Passing on kindness helps others to pass it on.